



*A absolute benedictory
message from a saint, ever
engaged in human welfare,*

*Pujya Sant Shri
Asharamji Bapu*

Love is innocent. Love unites us with God; love unites us with Allah. Love is the name of the Supreme Being. You may call Him Allah, God or Bhagawan. The name of Supreme Bliss, Supreme Consciousness is love. He only is the real being of Rama, Rahim and God. The welfare of the humanity lies in it only. The true feelings of love will do good to not only India but the entire humanity. My heart grieves over seeing the young boys and girls ruining their life by offering flowers to each other during student life forming premarital relationships. I get moved emotionally; when I see the human society heading towards decline. Narayana-Narayana.....

My heart is deeply anguished for the reason that people say: "It is the Age of Progress". But I find it to be the age of ruination for the youth. Such a destructive age is unprecedented in the human history. They get adulterated milk, polluted air, and impure *samskaras*, evil impressions on their mind from polluted environment. As soon as they enter the state of youth, the evil impressions nip them in the bud. I don't want to oppose anybody; but I feel grieved over seeing the destruction of humanity. This assault has its origin in western countries. Instead of opposing it; we'll just give it a new direction; so that this does the welfare of foreign people as well. You do celebrate the day of love by saying, '*Matridevo Bhava; Pitridevo Bhava.*' – 'Regard your mother as a god; regard your father as a god.'

'Parents' Worship Day' - The Turning Point for the Humanity

All people should respect their parents. I want to propagate 'Parents' Worship Day' widely in India and abroad. Children should greet, respect and worship their parents on this day; and parents should love their children. It will help develop real love.



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Passion and lust give a bad name to love. There is a big difference between love and lust. Lust is centered in the lower Chakras. It gives rise to sexual excitement; and thoughtless gratification of desires. And love is centered in the upper Chakras of human body. It makes one thoughtful; and it gives eternal joy. And it helps one behold oneself in all creatures. I don't want that people only of this country should be elevated. May the whole of humanity be saved from the attack of sexualization (of the society); and go forward on the path of self-restraint and virtue to live a healthy, happy and honorable life; may good come to the whole world; because this (broadmindedness) is what we have inherited.

According to the *Innocenti* Report Card issue No.3 at least 1.25 million teenagers become pregnant each year in the 28 OECD nations under review. Out of those, approximately half a million will seek an abortion and approximately three quarters of a million will become teenage mothers. 4,94,357 children are born to teenage mothers each year in America. Every year some 3 million American teenagers contact a sexually transmitted disease (about 1 in every 4 sexually experienced teenagers).

Why celebrate 'Parents' Worship Day'?

* To begin a divine life * You should resolve on this day to greet your parents and Sadguru everyday.
* Get advice from the lifetime experience of parents and Sadguru.
* Thus make India the World-Guru; what Pujya Bapuji has willed.

In one act of unprotected sex with an infected partner, a teenage woman has 1 in 100 chance of contacting HIV, 1 in 3 chance of contacting genital herpes, and 1 in 2 chance of contacting gonorrhoea. Approximately a quarter of all new cases of HIV/AIDS are diagnosed in young people under the age of 22. Today, 1 in 3 US high schools has an abstinence only policy on sex education. Since 1996 more than US-\$400 million in federal and state funds have been spent on 'Abstinence Only' campaigns in America's schools. (The *innocenti* report card issue No.3 was published in July 2001).

सर्वे भवन्तु सुखिनः... 'May all be happy.' I don't want to refute anybody; but I do want that if one of our brethren has gone astray and is giving a flower to a neighboring girl; thereby losing his right of calling her 'sister' and the sister by accepting the flower from him is becoming an object of lust – I do want that such sons and daughters should get proper guidance to come on the right path.

'Spread your fragrance like a rose; may the world know you.'

Lead a healthy, happy and honourable life, a life of self-control and virtues. Do not get overwhelmed by the attack of passions and carnal desires. May the good wishes for bringing happiness to yourself and your parents, and self-restraint bring peace and prosperity in your life and in life of those around you.

WHY Parents' Worship Day?

Parents have spent longer time in this world; so they are more experienced than us. There can be no comparison of Sadguru's great experience with our petty experience. We easily get the benefit of experience of the three simply by respecting them. So; whosoever wants to progress in life must obey, respect and worship his parents. Youth get entangled in premarital relationships by celebrating 14th February as 'Valentine's-Day'. Their vital fluid and brightness gets wasted in the sexual indulgence caused by stimulation of lower chakras during day time. 'Parents' Worship' on 14th February will lift them from the evil of profligacy and mire of depravity to a life of bright future, purity of character and good conduct.

Since times immemorial parents and Sadguru have been respected and revered by great men throughout their life. Bapuji also served his parents in His childhood and received the following blessings;

'My son! You will earn eternal fame in the world. The people would get their wishes fulfilled by your grace.'

Pujya Bapuji served His Sadguru Sai Lilashahji Maharaj with deep faith and love obeying His commands. Pujya Bapuji's life is a good example of how one should respect and serve parents and Sadguru. Being satisfied with His service; the parents and the Sadguru gave him all they could. Explaining this Pujya Bapuji says: "I am very satisfied with myself. Many times my father expressed his strong emotions and blessed too. My mother was very satisfied with me; my Sadguru was also extremely satisfied with me; that's why He ended His journey of life keeping His head in my lap. Now His grace through me is satisfying my sadhakas and listeners. What else do I want! All those who listen to me or meet me feel satisfied; thus I feel no dearth of anything."

No Hindu, Christian, Muslim, or Jew parent wants his/her child to be spineless due to premarital relationship. No parent wants his/her child to disobey him/her and violate social norms and succumb to a profligate lifestyle; become mean by leading a selfish life, and moan and groan in the old age. If the children respect their parents and Sadguru; they will receive auspicious blessings from their hearts; which will save these future leaders of the nation from the evils of 'Valentine's Day'. It will be helpful to them in developing sense-control and self-



restraint to develop spiritual powers like Lord Ganesha. Respecting parents and Gurus is the asset of our culture. Parents don't insist their children to respect and worship them. But wise and courteous children always take benefit from the blessings and good-wishes of the parents by respecting and worshipping them.

The study and survey of the children and youth of 14 developed and developing countries conducted by MTVN international has revealed that Indian children and youth are the happiest and the most affectionate among all. The report published in London and New York says that the main reason behind this is the family affection and devotion to family in Indians. The Indian youths said that their parents have played a vital role in making their lives happy and solving their problems. Parents nourish their children by all means in India; and the parents are nourished by saints. 'Parents' Worship Day' inspired by Pujya Bapuji; which nourishes parents, children and all; supports this conclusion.

All want to be great in life; and the ways to become great are also easy. You need just to walk on this path. You take the right step making the life of great men as your ideal. Many have high hopes from you. I wish you a bright future.

Opinion of Modern Scientists

Generally people jump to ask, 'What's the correlation between parents' worship and good performance in studies?' Those in doubt about it should study the conclusion of research work carried out in USA by Jane Kim, an attorney and immigration specialist at the Children's Hospital of Pennsylvania, and Dr. Soo Kim Abboud, a surgeon and clinical assistant professor at the University of Pennsylvania. 'How do Asian students get to the top of the class in American universities and schools?' Research carried out on this subject revealed that this was so because they respect their elders and obey their parents. They study hard and do well in school to secure a bright future. Even those who don't believe in saints and Shastras of Indian culture have to accept these teachings (of Shastras); and have to teach the western students to respect their parents to get good results.

Those who respect their parents can't spoil their character by celebrating 'Valentine's Day'. Living with self-control; they will protect their Brahmacharya (celibacy, chastity & virginity) and will develop their intellectual faculties; which will help them get good academic results.



HISTORY

of Parents' Worship Day

Once at Lord Shiva's home, his both sons had a dispute as to who was the greater of the two.

Kartikeya said: "Ganapati! I am greater than you."

Ganapati said: "You may be elder to me; but greatness is determined by the virtues also."

For final decision the matter was referred to their parents Lord Shiva and Goddess Parvati.

Lord Shiva and Goddess Parvati said:

"Whoever would make the tour of the whole world and come back first to the starting point; had the right to be the greater."

Kartikeya flew off at once on his vehicle, the peacock to circumambulate the world. Ganapati quietly went to a secluded place. He reposed for a while to find out the solution. Then he came to Shiva-Parvati. Holding his parents' hands; he made them sit together on a high place; worshipped them with flowers and circumambulated them. He saluted them at the end of every circumambulation. This way he circumambulated the parents seven times.

Shiva and Parvati asked: "Son! Why did you circumambulate us?"

Ganapati said: "Mother is the embodiment of all pilgrimages, father is the embodiment of all deities. Hence mother and father are to be revered with all efforts." According to Vedas, circumambulating one's mother gives virtues equivalent to that of circumambulating the whole world. Hence by circumambulating you, mother; I have circumambulated the whole world seven times. Worship of father is equal to the worship of all gods; because the father is a god." Since then Ganapati became the foremost god to be worshipped. The Shiva-Purana states:

पित्रोश्च पूजनं कृत्वा प्रक्रान्तिं च करोति यः ।
तस्य वै पृथिवीजन्यफलं भवति निश्चितम् ॥

It means: 'He who worships his parents and circumambulates them, will certainly derive the fruit and merit of circumambulating the earth.'

Pujya Bapuji says: "Do celebrate Love-Day; but incorporate self-restraint and true progress in Love-Day."



Method of Parents' Worship

The person conducting the ritual of worship should slowly keep speaking the method of worship; and should keep chanting the following Mantras and Aarti (worship-ceremony with lamp & hymns of praise). Children and parents will perform the worship ceremony accordingly.

* Then make the parents sit on a high seat.

आसने स्थापिते ह्यत्र पूजार्थं भवतोरिह ।

भवन्तौ संस्थितौ तातौ पूर्यतां मे मनोरथः ॥

It means: 'O my parents! I have made this seat for you; please accept it; and fulfill my heartfelt wish.'

* The children should apply a tilak on parents' foreheads with kumkum powder. Then they should put flowers and rice on parents' heads; and make them wear flower-garlands. Then they should circumambulate the parents seven times. This will give the children

the fruit of the earth's circumambulations.

यानि कानि च पापानि जन्मान्तरकृतानि च ।

तानि सर्वाणि नश्यन्तु प्रदक्षिणपदे पदे ॥

* Then the children will duly and respectfully bow and greet the parents as per the method shown in the picture of the booklet.

अभिवादनशीलस्य नित्यं वृद्धोपसेविनः ।

चत्वारि तस्य वर्धन्ते आयुर्विद्या यशो बलम् ॥

It means: 'Whosoever habitually and respectfully greets and serves the parents and preceptors obtains an increase of four things, viz length of life, knowledge, fame, and strength.' (Manusmriti: 2.121)

* The children will do the Aarti (worship-ceremony) with lighted lamp placed in a thali (metal plate) and hymns of praise. The children will make a firm resolve to serve the parents and the preceptor beholding god in them.

दीपज्योतिः परं ब्रह्म दीपज्योतिर्जनार्दनः ।

दीपो हरतु मे पापं दीपज्योतिर्नमोऽस्तु ते ॥

Deepajyotih param Brahma deepajyotirjanaardanaah |
Deepo haratu me paapam deepajyotirnamoastu te ||



(Sing the following Aarati in the tune of 'Om Jaya Jagadish Hare...')

Glory be unto parents, Guru and God.

I bow before you looking at your kindly feelings. Glory be unto...

You suffered so much, O Mother, gave me birth; reared and brought me up.

Mother you give happiness while suffering yourself; O Protector Mother... Glory be unto...

You disciplined and elevated me, O Father, whatever you have given me,

How to pay off your debt! I don't know... Glory be unto...

Mother is the embodiment of all pilgrimages; father is the embodiment of all deities.

He who reveres them becomes venerable himself.

Lord Ganesha worshipped His Parents; so He is the foremost god to be worshipped.

Glory be unto...

I'm devoted to my Sadguru; who showed me the right path.

He worshipped his parents and became revered by the world.

Glory be unto... Whosoever sings the Aarti of parents, God and Guru with devotion;

He becomes self-restrained, he becomes righteous in conduct. Glory be unto...

Forgetting aping the loafers; he becomes self-restrained like Guru & Ganesha. He attains Self-bliss and makes others attain the same.

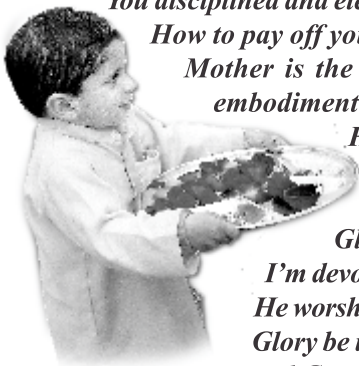
Glory be unto parents, Guru and God.

I bow before you looking at your kindly feelings.

It is an auspicious message from Pujya Bapuji that the children should sit silently for some time after the ritual is over. Parents should look at the children and bless them mentally. When the parents are blessing; the children should look at the parents with respect and affection; and contemplate: 'The Supreme Self abiding in the parents' hearts is showering blessings on me.' This will be conducive to your good, my sons and daughters. Though the parents wish for your good all the time; but they shower special blessings on you on this day. The parents should bless their children wishing for their good. Then the parents should also apply tilak on the children's foreheads; put flowers and rice on their heads; and make them wear their own flower-garlands; caress their heads; and bless them. The parents should caress their children affectionately. Children should embrace their parents. The sons and daughters should see divinity in their parents; and parents should also see divinity in their children.

This is the real 'Love-Day'! 'Parents' Worship Day' (Matri-Pitri Pujan Divas) inspired by Pujya Bapuji!

* The children should make a pious resolve on this day: 'I'll respect my parents and preceptors. I'll pay obeisance to them everyday. It is my moral duty to obey my parents' commands that lead me to the path of greatness; and



I will certainly fulfill it. Hari-Om...Hari-Om....

* The parents should shower affectionate blessing on their children by placing their hands on children's heads; and should make an auspicious resolve for their prosperous and happy life: 'May the following six virtues develop in your life - Industriousness, Courage, Fortitude, Intelligence, Strength and Valour. May your life shine with the devotion to parents and Guru. May your actions be guided by Dharma, and performed with skill and sincerity. May you become three-eyed by awakening your inner eye of discrimination that leads to eternal good. May you become industrious; so that you attain success in all spheres of life.'

* आयुष्मान् भव - 'May you live long.' श्रद्धावान् भव - 'May you become a devout and pious person.' विद्यावान् भव - 'May you become learned.' ब्रह्मविद् भव - 'May you be a Knower of Brahman, a *Brahmavetta*.'

* Then the children should feed sweet-prasad (sweets) to the parents; and the parents should also feed sweet-prasad to the children.



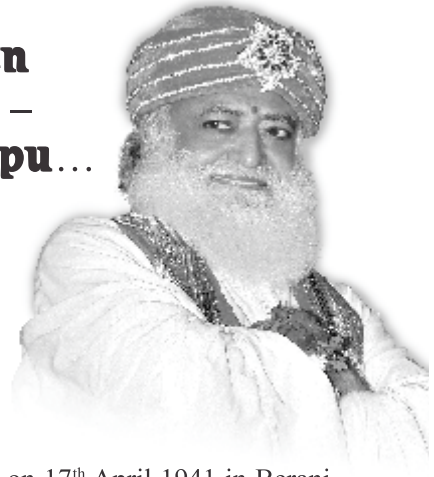
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these Ashrams people belonging to all races, communities, castes and sects come from India and abroad to dive deep into Self-bliss and feel blessed with receiving the graceful prasad of supreme peace in their hearts. Pujya Bapuji makes the path of all-round development easy for his disciples through a synthesis of all paths. Pujya Bapuji makes the path easy for his disciples and aspirants by making a synthesis of Bhaktiyoga, Jnanayoga, Nishkama Karmyoga and Kundalini-Yoga. More than 1400 Yoga Vedanta Seva-Samitis established by the Ashram remain ever engaged in reaching the services of the Ashram to the nook and corner of the society.

Possessor of Yogic Powers: *Brahmanishtha*, (being established in Supreme Brahman) is a supremely elevated state. If this state is coupled with Yogic powers, it is like sugaring the milk. This very kind of combination is seen in the life of Pujya Bapuji. On one side His state of *Brahmanishtha* infuses devotees with divine joy and divine peace merely by His elevating presence, and on the other, miraculous incidents like bringing a dead cow back to life, causing rainfall in famine-struck areas, blessing barren couples, who did not beget a child for years, with children; curing people of incurable diseases, blessing poor people with wealth and uneducated ones with erudition; and turning staunch atheists into believers – are evidences of His Yogic powers. Not only Hindus but Muslims, Sikhs, Christians, Parsis and adherents of other religions have given Pujya Bapuji; who has given the dictum of ‘Welfare of all’; a place in their hearts; and they feel proud to be known as a disciple of Pujya Bapuji. Pujya Bapuji; an ardent supporter of India’s unity, integrity and peace; has dedicated His whole life for the welfare of the nation.

The Life-Sketch of an Epoch-making saint – Sant Shri Asharamji Bapu...

**Self-realized, Shrotriya,
Brahmanishtha, Yogiraj, Puja
Sant Shri Asharamji Bapu has
drenched not only India but the
whole world with His nectarine
discourses.**



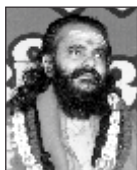
Birth & Childhood: Asumal was born on 17th April 1941 in Berani village of Sindh province of undivided India. His father, Shri Thaumal Sirumalani was a leading person in the town; and His mother Mehengibha was a deeply religious and simple-hearted woman. Looking at the divine radiance on His countenance in childhood; His family preceptor had prophesied, “This child will become a great saint, and deliver many people.” The family preceptor’s prophecy has come true. Now all know it.

Youth (Discrimination & Dispassion): Bapuji had developed discrimination and dispassion to the highest level during his childhood and youth. So; he renounced home in His young age to wander restlessly yearning for God in deep forests. Then He found His Sadguru in Swami Shri Lilashahji in the forests of Nainital, India. He attained Self-Realization at the young age of 23. Then His Guru said, ‘From today the people will know you as ‘Sant Asharamji’; and whatever spiritual divinity you have achieved; distribute it among the masses.’ The same Asumal, established in Brahman, is imparting spiritual knowledge through his teachings to philosophers, scientists, political leaders, officers, educated and uneducated male and female seekers of Truth; and giving the right direction to the perplexed human society wandering aimlessly in the jungle of life.

Establishment of Ashrams & Public-Welfare Activities: Obeying the command of His Guru, He renounced the blissful Samadhi and entered the public life to save the people engulfed by the conflagration and wild fire of unrest and agitation by suffusing them with divine peace. Bapuji arrived at village Motera in 1972 located at the holy bank of River Sabarmati in Gujarat State, India. At that time it was a place of crimes; where some antisocial elements committed robbery and assault even during the day. The same Motera village has now become a sacred place of pilgrimage and the holy abode of peace for millions of devotees. Now the Ashram located on the bank of River Sabarmati has more than 400 branches not only in India but entire world. In

(Continued on page: 8...)

THEY SAY...



"Pujya Sant Shri Asharam Bapuji is the initiator of a holy tradition of the 'Parents' Worship Day'." - **Shankaracharya, Shri Sumeru Peetha, (Kashi) Jagadguru Swami**

Narendrananda Saraswatiji



"This is the beginning of a holy tradition. We support, cooperate and salute you from the core of our hearts."

- **Shri Kalki Pithadishwar Pramod Krishnamji**

Maharaj, President North-India, All-India Sant Samiti.



"I firmly believe that Bapuji is showing us a new direction." - **Mahamandleshwar Swami Devendranandji Giri, National Secretary-General, All India Sant Samiti**



"If we celebrate 'Parents' Worship Day'; it will get a permanent place in our home like a Mahakumbh Mela." - **Sant Shri**

Devakinandan Thakurji



"This day will make a new history of entire India." - **Jain Samaj Acharya, Yuva Lokesh Munishriji**



"Parents' Worship Day' will be celebrated in every street and every village. We will present this glory of Indian culture to the whole world." - **Yuva Krantidrashta Sant Dinesh Bharatiji**



"President of India, Mr. Pranab Mukherjee is heartily pleased to know that 'Parents' Worship Day' campaign has been running every year on 14th Feb. at global level to regain the status of World-Guru for India." - **Venu Rajamani, Press Secretary, President of India.**

"Pujya Bapuji has undertaken the 'Parents' Worship Day' campaign with the noble spirit of inculcating good *Samskaras* (traits) in the minds of our future generation." - **Shri Nitin Gadkari,**

President, B.J.P.



"Pujya Bapuji's clarion call to the world will increase lustre, vigor, and spiritual power of crores of children and enhance their all round development." - **Pavan Kumar Bansal, Central Railway Minister**

"Parents' Worship Day' is certainly a very good idea." - **Mukhtar Abbas Naqvi, Vice President, B.J.P.**

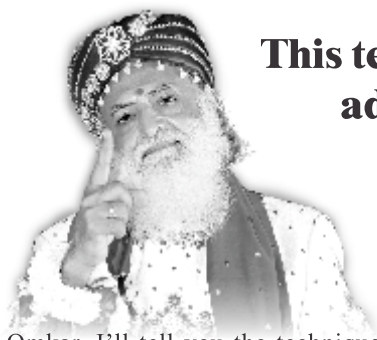


"Pujya Bapuji's launching of 'Parents' Worship Day' will infuse a new life into the society." - **Bhupinder Singh Hooda, Chief Minister, Haryana**



"I am extremely glad to know that 'Parents' Worship Day' is celebrated on 14th February by Sant Shri Asharamji Ashram." - **Prem Kumar Dhumal, Chief Minister, Himachal Pradesh**





This technique will most certainly add lustre to your glory. **I Promise you!**

- Mankind's wellwisher Saint Pujya Bapuji

Dr. J. Morgan and other doctors say that Indian Omkar-Mantra is very effective in curing diseases. The holy scripture 'Pranva-vada' contains 22,000 shlokas related to

Omkar. I'll tell you the technique of Omkar-Mantra japa (Mantra-Repetition). This will generate the energy to destroy sins. You will get divine joy in your heart. If children do it; they will develop memory power and excel in their exams. Then the people of the world as well as God will love them.

You must take the following solemn pledge before you start your Mantra-Japa: '**Omkar-Mantrah, Gaayatri-Chhandah; Bhagawan-Narayan-Rishih; Antrayami Parmatma-Devata; Antrayami-Prityarthe; Parmatma-Prapti Arthe Jape-Viniyogah**' (Omkar is the mantra. Its meter is Gayatri. It was originally revealed to a Rishi, Lord Narayana, its presiding deity is Antaryamin, the Supreme Self. I am chanting this Mantra for attainment of Supreme Self.)

First of all plug your index fingers into your ears, and then take a long and deep breath. The deeper and longer you inhale; more the air sacs of your lungs will open; and your immunity will increase. Hold the breath in, and chant the auspicious sacred Name of God, Omkara through your larynx. Then close your mouth and chant OM...OM...OM...O.....M and breath out, then inhale again to repeat the same process ten times. Then take your fingers out of the ears.

After doing this much; sit quietly. Then repeat Omkar in a whispering tone with movement of lips - 'Om-Om my Lord Om; blissful Lord Om, indwelling Lord Om...' Do it for two minutes. Then repeat Omkara from the heart (solarplexus) without moving tongue and lips - 'Om-Shanti... Om-Ananda... Om-Om-Om...' Then repeat from the throat. Lord Krishna had imparted this technique to His mother Yashoda. It's better if you burn incense *Gauchandana* or fragrant-bdellium (incense-stick) before doing Japa, if not then you can do it without it also. Sit on a blanket-sheet or carpet-asana; which is non-conductor of electricity. Its practice will add luster to your glory. I promise you. **(Watch the issue-11, (November 2012) of Rishi-Darshan, the video magazine published by our Ashram).**



"We will make our life elevated with the teachings imparted by His Holiness Pujya Bapuji." - **Well-known Singer, Shri Anoop Jalota**



"Parents' Worship Day' is a very good endeavor. It is very essential to tell about its importance to the modern youths." - **Well-known Singer, Anuradha Paudwal**

"Successful organisation of 'Parents' Worship' Programs at national level is a commendable task." - **Sikander Singh Maluka, Education Minister, Punjab**



"Efforts like converting 'Valentine's Day' into 'Parents' Worship Day' should be carried on forever for the cultural awakening."

- **Actress Bhagyashree**





IMPORTANCE OF EKADASHI-FAST

The primary goal of human life is Self-Realization. Only a person equipped with all these three things – physical health, mental strength and purity of intellect gets pleasures and salvation. The fasts and Vratas observed with right understanding on Ekadashi play a vital role in it. It is replete with instructions on man's all round development.

Kamada Ekadashi (falls in the bright half of Chaitra): Cursed *gandharva* Lalita had become a demon. His state of a demon went away and he became a *gandharva* again by the prowess of the religious merit obtained by fasting on the Kamada Ekadashi. It saves one from the state of goblinhood and destroys the sin of killing a Brahmana.

Mohini Ekadashi (falls in the bright half of Vaishakha): Dhristabuddhi was expelled from the house by his father and forsaken by his kinsmen; because he was always engaged in committing great sins, and was always attached to drinking liquor and prostitutes. He duly observed the vow of Mohini Ekadashi. His sins vanished. Then he having a divine body, and mounted Garuda and went to Vishnu's world. Fasting on this Ekadashi destroys great sins.

Nirjala Ekadashi (falls in the bright half of Jyeshtha): One, who observes the vow of this Ekadashi obtains the fruit of Ekadashis that fall during the year. The fruit of all meritorious deeds like a gift, muttering of prayers, a sacrifice that is given by a man on this day becomes unending. Those who have fasted on this day, keeping awake at night, have taken along with themselves hundred (members) of their families past and future to the abode of Lord Vishnu.

Shayani (Devashayani) Ekadashi (falls on the bright half of Ashadha): This Ekadashi is very auspicious, which gives heaven and salvation. Those men who pass the four months (from the eleventh of bright half of Ashadha to the eleventh of bright half of Kartika) remaining in celibacy (observing the rules of Dharma) would reach the highest position.

Kamika Ekadashi (falls in the dark half of Shravana): Merely by hearing about it; one would obtain the fruit of (having performed) a *Vajpeya* sacrifice. His sins; who worships Lord Vishnu with Tulsi sprouts on this day, perish right from his birth. Chitrugupta is not able to know the measure of the religious merits of the man; who gives a light on this day. The dead ancestors of his, whose lamp burns in front of Vishnu, remain in heaven and are gratified with nectar.

Putrada Ekadashi (falls in the bright half of Shravana): Sonless king Mahijit was blessed with a son due to the merits of this vow; who had observed the vow of this Ekadashi. He begot a son. This Ekadashi gives all desired objects.

Aja Ekadashi (falls in the dark half of Bhadrapada): Effect of some previous life's actions; king Harishchandra was deprived of his kingdom. He observed the vow of this Ekadashi. He engaged himself in a fast, keeping awake at night. By

the efficacy of Ekadashi, he got the kingdom free from any nuisance. Due to the efficacy of the vow, he was united with his wife, and lived with his son. This Ekadashi destroys all troubles and sufferings.

Padma Ekadashi (falls in the bright half of Bhadrapada): There was a draught in the kingdom of king Mandhata. He along with all his subjects observed the vow of this Ekadashi. When the vow was observed, the cloud showered. Land was inundated with water and was resplendent with corn. The people got happiness. This vow destroys all sins, gives devotion to God and salvation. The man; who observes this vow; gets the fruit of all sacrifices and pilgrimages.

Indira Ekadashi (falls in the dark half of Ashvina): King Indrasen received a message from the god of death, Yama through sage Narada that his father was staying with him due to some hindrance, due to his former existence. By the power of the vow of this Ekadashi; king Indrasen's father went to heaven. By its power even a great sin perishes. It gives a (good) cause to the dead that have gone to (i.e. born in) a low stock.

Papankusha Ekadashi (falls in the bright half of Ashvina): This Ekadashi removes all sins. This vow gives heaven and salvation. It gives good health of the body. This gives a beautiful wife, wealth and friends. One, who fasts on this day, keeping awake at night, would emancipate ten members on his mother's side, ten on his father's side, and ten on his wife's side.

Ramaa Ekadashi (falls in the dark half of Kartika): By the power of the religious merit of this Ekadashi, Chandrabhaga, (a queen whose weak husband had expired due to fasting on this Ekadashi and become a ruler of a divine charming city on the peak of the Mandara Mountain), enjoyed divine pleasures, of a divine form, and adorned with divine ornaments, rejoiced with her husband. This Ekadashi removes great sins and leads to the acquisition of desired objects like Chintamani (a supposed jewel granting its possessor desired objects) and Kamadhenu (a mystical cow of plenty supposed to yield whatever is requested of her).

Prabodhini Ekadashi (falls in the bright half of Kartika): One, who duly observes this fast gets endless happiness; and then in the end goes to heaven.

Mokshada Ekadashi (falls in the bright half of Margashirsha): The sins of him who observes vow of the Mokshada Ekadashi, perish, and after death he would obtain salvation. This vow is like the desire-yielding gem.

Putrada Ekadashi (falls in the bright half of Paush): Sonless king Suketuman observed the vow of this Ekadashi according to the proper rules. A bright son was born to his queen. This is an excellent day that removes all sins.

Jaya Ekadashi (falls in the bright half of Magha): Malyavan and Pushpadanti were cursed by Indra to be turned into goblins. With the efficacy of the vow of this Ekadashi their goblinhood disappeared and they obtained their celestial forms as before. Men are not reduced to the condition of ghosts; when the vow of this Ekadashi is observed by them. This Ekadashi destroys the sin of the murder of a Brahmana and it also destroys the state of a goblin.

Amalaki Ekadashi (falls in the bright half of Phalguna): A man who goes to the root of Amalaki (Indian gooseberry tree), and keeps awake there during the night becomes free from all sins and obtains the fruit of giving away a thousand cows.

(For the detailed stories of all the Ekadashis of the year, and detailed information about the glory and method of observing the vratas please read the booklet 'Ekadashi-Vrata Kathayen' published by the Ashram).

THE ART OF LEADING - A Healthy, Happy & Honourable Life

Destroyer of all diseases, the health-giving Sthalbasti or Ashvani Mudra

- * It cures 132 diseases.
- * Leucorrhoea, deficiency of dhatu, Nocturnal-Emission & abdominal disorders are removed.
- * Turns the flow of Kundalini-Shakti and Prana Shakti upwards.

Method: Lie down on a blanket in supine position facing the head towards east or south in morning. Exhale completely; and then contract anal sphincters 30-40 times just as a horse does while defecating. Repeat this process 4-5 times.

For Prosperity, Peace & Happiness

* Take bath after massaging the body with cow's-curd. * The wealth is obtained with self-effort and increase of religious merits; it increases with donation, virtuous deeds and skills; it stays or becomes stable with self-restraint and righteousness. But the wealth earned through committing sins, tormenting or terrorizing others gets destroyed within 10 years creating disputes, conflicts and fear. * Making the auspicious mark of 'Swastika' or 'Om' with the mixture of turmeric powder & rice or only turmeric powder on the outer surface of the door or wall of your house



helps in overcoming Vaastu defects. * Keeping 'Grihadosh-Nivarak' (Vaastu defect remover); made and freely given by Sant Shri Asharamji Ashrams; in every room of your house safeguards you against family strife, Vaastu defects, evil influence caused by dissatisfied Pitris, and the effects of evil eyes. If you keep it in your office; all your visitors will get pleased with you.

Health-giving bath and sun bath

* Taking bath with a paste prepared by mixing water with a mixture of flours of wheat, rice, barley, grams, green-grams, black-grams, and sesame seeds (in equal quantities) you get religious merits, cheerfulness, and health (It is available at Sant Shri Asharamji Ashrams & Sewa Samiti Centres). Take a bath on festivals by rubbing cow-urine on the body. It destroys sins.

* Sunbathing helps in almost every disease. It is health promoting. Sit in the sun every morning after covering your head with a cloth facing the sun for eight minutes; and by turning your back to the sun for 10 minutes. You shouldn't take sunbath longer than this; and the sunrays shouldn't be too hot.

How to get maximum nutrition from your food?

(1) Mentally offer your food to your Gurudev or your presiding deity before taking meal. Read 15th Chapter of Bhagavada Gita before taking food.

(2) Take lukewarm water while eating food.

(3) Stroll for some time after taking food; then lie down in supine position for 8 breaths, on your right side for 16 breaths; and on your left side for 32 breaths; but do not sleep – this facilitates the digestion of food.

(4) 'Harad-Rasayan Yoga' is the best combination that pacifies three *doshas* and cleanses the body. It cures 132 diseases. Suck two tablets in morning and evening.

(available at Sant Shri Asharamji Ashrams & Sewa Samiti Centres)



An effective herbal cure for Diabetes – tried successfully on many patients

Cut half a kilogram of bitter-guard (even ripe and cheap bitter-gourd will also do) and put them in a big shallow iron pan. Keep crushing them with your feet till you feel bitter taste in your mouth. Do it for 7-10 days and you will be cured.

The richest source of Energy in Winter



* Soak 5-7 dates (2-4 for children) in water overnight, and eat in the morning. It strengthens heart and brain. It is more beneficial; if taken with milk or ghee. * Raisins are light in digestion, sweet and pacifier of three *doshas*. It gives strength. It is semen-promoting. It gives energy and freshness instantly.



(Available at Sant Shri Asharamji Ashrams & Sewa Samiti Centres)

For Spiritual Advancement

* The periodic recital of 'Shri Asharamayana' 108 times helps in fulfillment of your desire and elevates you in spiritual plane. * Taking a break between two works to get absorbed within will give you new ideas, insight, ability and energy for the next work.

Pujya Bapuji's Message on the New-Year-Day

Do elongated chanting of 'Om' or 'Hari-Om' (about 15 seconds each). Then sit quietly as long you chanted the mantra. Repeat this several times. You are yourself happiness-personified, Consciousness-personified, Bliss-personified. When you give happiness to physical things; they seem pleasant to you. Then why don't you enjoy the divine bliss directly by becoming calm with the practice of the above mentioned technique?

SAINTS' BELOVED - SANT SHRI ASHARAMJI BAPU



“The incarnation of the great man Pujya Bapuji is meant only for giving the prasada of joy, peace and health.”

– **Jagadguru Shri Jayendra Saraswatiji**

Maharaj (The Shankracharya of Kanchikamakoti Peetha)



“Everyone; who is without hope; needs the blessings from Asharamji (literally meaning the Lord of Hope).”

– **Shri Ramadevaji Maharaj,**

the Famous Master of Yoga

“Bapuji!

You are V y a s a .

What we all are distributing is the Prasad of

knowledge imparted by you.”

– **Shri-Shri Ravishankarji Maharaj**

“Pujya Bapuji is an embodiment of ever increasing eternal bliss.”

– **A well-known religious story-teller, Shri Morari Bapu**



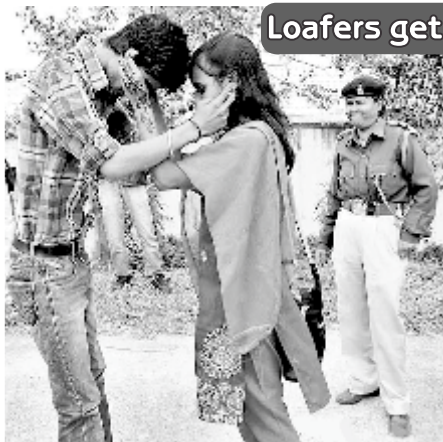
UNIVERSAL RESOLVE:

Pujya Bapuji's *Brahma-Sankalpa* for the welfare of universal good:

“Now we will celebrate 14th February as ‘Parents’ Worship Day’ at international level. I send out this *sankalpa* in the space that in the celebration of ‘Parents’ Worship Day’ (Matri-Pitri Pujan Divas) all the five great elements, gods-goddesses will assist, and my devotees, Muslims, Hindus, Christians and Parsis all will participate in it. Let the gods, demigods (Yakshaa, Gandharvas, and Pitris) hear that I want to propagate ‘Parents’ Worship Day’ on a wider scale in India and in the world.”



Loafers get Disgraced



On one side the police took stringent actions on 14th February against the corrupted youth indulging in immoral acts by celebrating ‘Valentine’s Day’; and on the other hand girl-students started their campaign against this menace of depravity with belts and hockey-sticks in their hands.